



Love bug biscuits

 Vegetarian

READY IN



42 min.

SERVINGS



20

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 100 g butter chilled cubed
- ☐ 1 egg yolk
- ☐ 20 servings purple gel food coloring black
- ☐ 500 g chocolate icing
- ☐ 100 g powdered sugar
- ☐ 1 ball edible gold dust
- ☐ 175 g flour plain
- ☐ 20 servings food coloring red

- ☐ 1 tsp vanilla extract
- ☐ 20 servings frangelico heart-shaped
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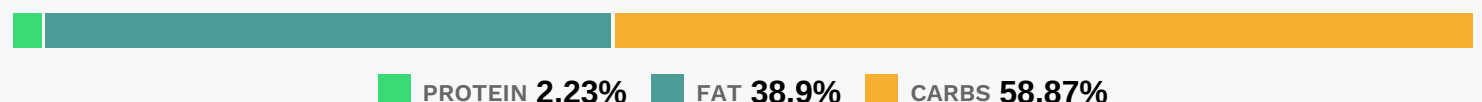
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack

Directions

- ☐ Put the flour, butter, sugar, vanilla and egg yolk in a food processor. Dribble in 1 tbsp water and blitz until the mixture comes together to form a dough. Tip onto a work surface and knead briefly to bring together, then wrap in cling film and chill for 20 mins.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Roll out the dough to the thickness of a £1 coin. Use your 8cm heart cutter to stamp out heart shapes – you'll have to re-roll the trimmings to make 20 biscuits.
- ☐ Put the hearts on 2 baking trays and bake for 12 mins, swapping the trays over halfway through, until pale golden and crisp. Leave to cool on a wire rack. Dye your lump of icing with red food colouring and wrap in cling film until ready to roll.
- ☐ Mix the icing sugar with enough water to make a thick icing. Dye the icing with the black food colouring.
- ☐ Pour the icing into a piping bag with a small plain nozzle attached (or use a small sandwich bag and snip off the corner).
- ☐ Roll out the red icing to 3mm thick and use your 6cm cutter to stamp out hearts. Stick onto the biscuits with a little of the black icing. Use the black icing to give your love bug a head at the pointy end, draw a line down the centre to give it wings, then add spots. Stick 2 pearly balls onto each love bug's head, then leave to set on a wire rack. You can pack your love bugs into boxes or cellophane bags to give as gifts for Valentine's Day.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:12.13, Inflammation Score:-1, Nutrition Score:2.101739116337%

Nutrients (% of daily need)

Calories: 195.15kcal (9.76%), Fat: 8.43g (12.97%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 28.47g (10.35%), Sugar: 20.72g (23.03%), Cholesterol: 20.47mg (6.82%), Sodium: 78.88mg (3.43%), Alcohol: 0.07g (100%), Alcohol %: 0.2% (100%), Protein: 1.09g (2.18%), Vitamin B2: 0.13mg (7.43%), Selenium: 3.58µg (5.11%), Vitamin B1: 0.07mg (4.87%), Folate: 19.48µg (4.87%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.63µg (3.46%), Manganese: 0.06mg (3.04%), Vitamin B3: 0.57mg (2.87%), Vitamin A: 137.93IU (2.76%), Iron: 0.47mg (2.64%), Phosphorus: 18.67mg (1.87%)